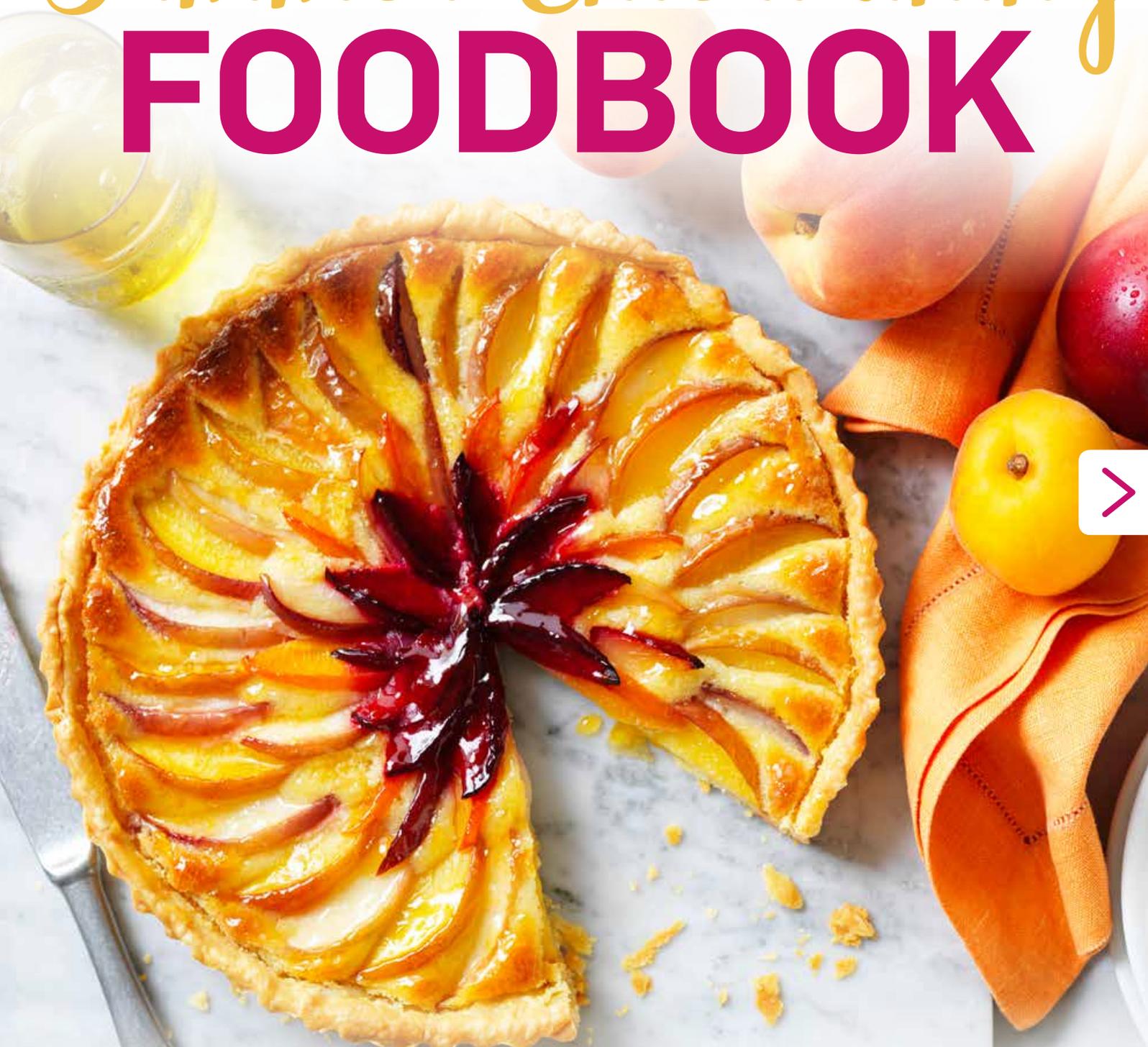


myfoodbook[®]

Summer Entertaining **FOODBOOK**



Party Starters **SALAD DAYS**
.....
EATING OUTDOORS **FRUITY DELIGHTS**

How to use THIS COOKBOOK

VIEW RECIPE ON THE MYFOODBOOK WEBSITE

Pulled Chicken Tostada with Slaw

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Corn Chip Fish Fingers 10

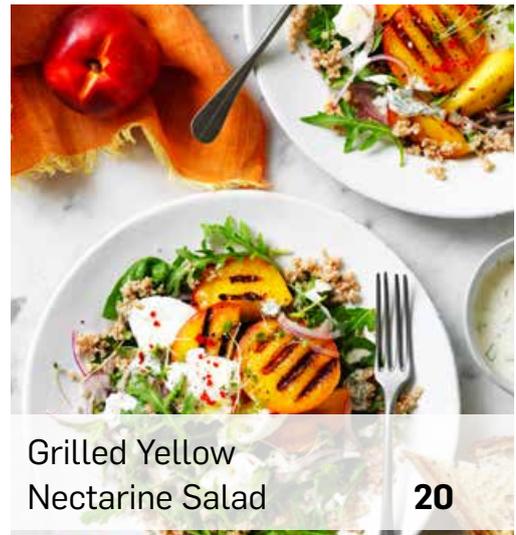
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Banana and Popcorn Pops 54

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Unique flavour

PAIRINGS FOR STONEFRUIT



Summer Entertaining



ENJOY

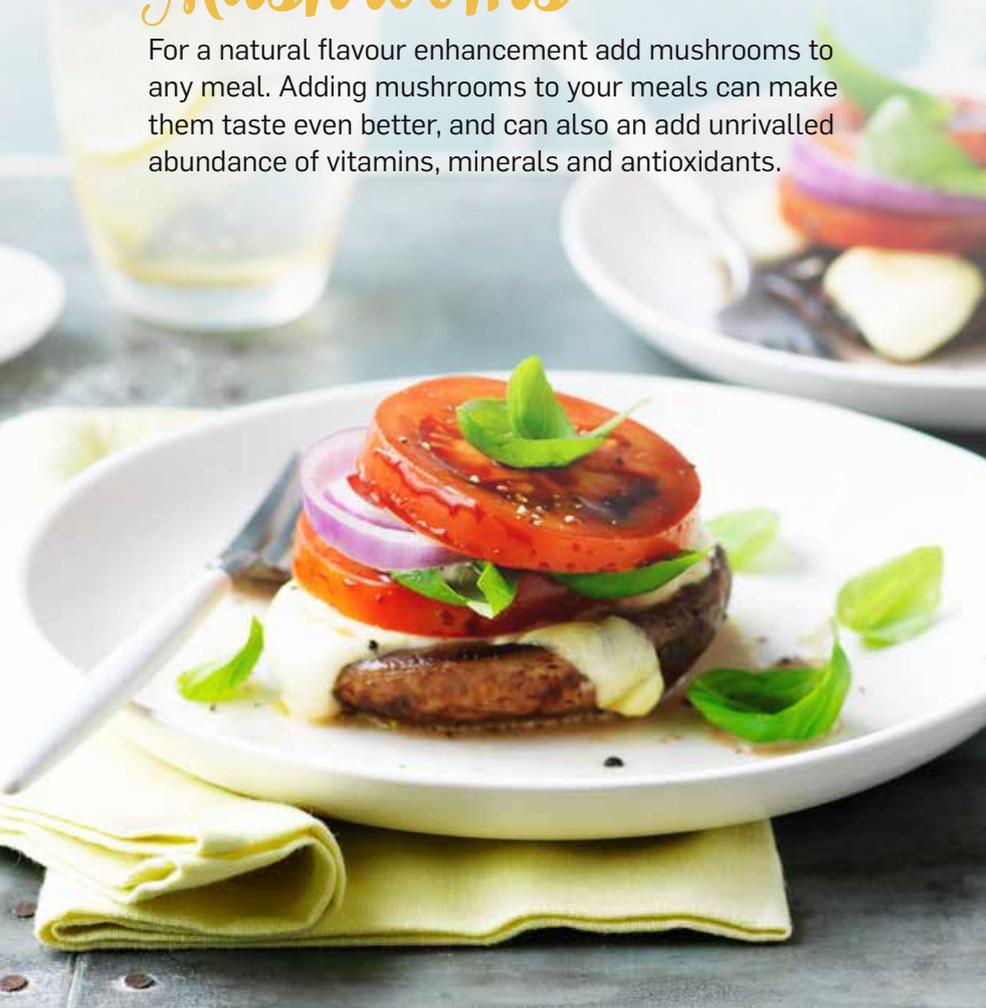
Corn Chips WITH EVERY MEAL

Did you know you can enjoy corn chips for breakfast, lunch and dinner? Cobs By the Sea Salt and The Big Cheese Naked Corn Chips are certainly more than just a snack and with absolutely nothing artificial they are the ultimate ingredient for delicious recipes. Try them in a colourful breakfast chilquiles or use them as a coating for fish fingers or chicken tenders. Add that delicious corn chip crunch to all your meals.

MADE MUCH BETTER WITH

Mushrooms

For a natural flavour enhancement add mushrooms to any meal. Adding mushrooms to your meals can make them taste even better, and can also add unrivalled abundance of vitamins, minerals and antioxidants.



DRESS UP YOUR SALAD WITH

ZoOSh

It's time to dress your salad for success. To finish off any salad a generous drizzle of your favourite dressing is a must. Choose your favourite ZoOSh dressing which can make any salad stand out. Tossed with fresh and crunchy salad ingredients a delicious salad is the perfect accompaniment to any meal or perfect to be enjoyed on its own.



Stonefruit

In these warmer months the ultimate delight is juicy stonefruit. Bake them, stew them, and even turn them into a sorbet. Peaches, nectarines, plums, apricots, plus many more are at their full potential. They are delicious on their own, but also pair swimmingly in stunning dessert recipes, such as a show-stopping layered stonefruit tart or to cool down on a hot day, a soothing apricot frozen yoghurt.

ENJOY

Lilydale Free Range Chicken

ALFRESCO STYLE

There is no better time to gather your loved ones and friends during the summertime and enjoy some alfresco dining. Getting outdoors and enjoying delicious, vibrant food is the best part about summer entertaining. Try Lilydale Free Range Chicken next time you're planning a BBQ or casual gathering. Enjoy a tasty butterflied chicken on the BBQ or scrumptious chicken drumsticks.





Party STARTERS

It's time to get the party started with
these delicious bite-sized delights



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Pulled Chicken

TOSTADA WITH SLAW

 **PREP: 40 MINS**  **COOK: 1.5 HOURS**  **SERVES: 4**

Recipe by **Lilydale** | freerangechicken.com.au

INGREDIENTS

PULLED CHICKEN

1 x 1 kg (approx.) Lilydale Free Range Bulk Chicken Thigh Fillets, quartered
2 tblsp olive oil
2 cloves garlic, minced
3 tblsp smoked paprika
2 tsp cayenne pepper
1 tsp salt
1 onion, chopped
1 1/2 cups chicken stock
1/2 cup BBQ sauce

TORTILLAS

10 small tortillas, cut into 10cm rounds
Vegetable oil spray

COLESLAW

1/4 white cabbage, thinly sliced
1/4 red cabbage, thinly sliced
1/2 bunch of coriander leaves, roughly chopped
1 carrot, grated
3 shallots, sliced
3 tblsp mayonnaise
Sliced red chilli and lime wedge to serve

METHOD

PULLED CHICKEN

1. Preheat oven to 180°C
2. Mix chicken, oil, garlic, paprika, cayenne pepper and salt in a bowl. Set aside
3. Heat oil in a heavy base casserole pot, add onion, cook for 2 minutes or until soft. Add chicken mix, cook for 4-5 minutes or until brown. Add the stock and bring to boil.
4. Cover with lid, place in the oven, cook for 1.5 hours. Remove from heat and allow to cool slightly. Place chicken pieces into a bowl, shred with 2 forks. Stir through BBQ sauce

TORTILLAS

1. Meanwhile, place tortillas on a lined baking tray, spray with olive oil, bake for 6 minutes, or until crisp

COLESLAW

1. To make the coleslaw, combine all ingredients in a bowl and toss until coated in the mayonnaise. Season with salt and pepper
2. To assemble, place some shredded chicken on top of a crispy tortilla, top with coleslaw and garnish with coriander, sliced chilli and lime



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Corn Chip FISH FINGERS

 **PREP: 10 MINS**  **COOK: 5 MINS**  **SERVES: 4**

Recipe by **Cobs** | cobs.com.au

INGREDIENTS

1/3 cup plain flour
.....
2 eggs, lightly whisked
.....
1 packet Cobs by the Sea Salt Naked
Corn chips, crushed
.....
1 tablespoon dried oregano
.....
500g flathead fish fillets, cut into
small strips
.....
Vegetable Oil to shallow fry
.....
Tartare sauce for dipping
.....
Freshly chopped parsley and lemon
zest, to serve (optional)
.....

METHOD

1. Place the flour in a shallow dish, whisked eggs into a wide bowl, then the combined corn chips and oregano into a separate shallow dish
2. Coat the fish pieces, in batches, in the flour. Shake off excess. Dip into eggs, and then into the corn chip mix. Place onto a tray lined with kitchen paper
3. Heat a fry pan over medium to high heat, with enough oil to shallow fry. Cook fish in batches, for about 2 minutes each side or until golden. Set aside and keep warm whilst cooking the remaining batches
4. Serve with Tartare sauce, freshly chopped parsley and lemon zest, if desired



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Mushroom ARANCINI



COOK: 1 HOUR



MAKES: 40

Recipe by **Australian Mushrooms** | australianmushrooms.com.au

INGREDIENTS

400g Button, Cvpup or Flat mushrooms

750ml (3 cups) chicken or vegetable stock

2 tbs olive oil

1 brown onion, finely chopped

2 garlic cloves, crushed

1 cup Arborio rice

60g parmesan, finely grated

1 cup finely grated mozzarella

1/2 cup basil leaves, shredded

1 cup plain flour

4 eggs, lightly whisked

200g packet panko breadcrumbs

Vegetable oil, for frying

Lemon wedges, to serve

METHOD

1. Finely chop mushrooms by hand, or alternatively, pulse in a food processor until finely chopped
2. Heat 1 tbs oil in a large non-stick frying pan over high heat. Add mushrooms and cook, stirring often, for 8 minutes or until all moisture has evaporated
3. Bring stock to the boil in a medium saucepan. Heat remaining oil in a large saucepan over medium heat. Add onion and garlic, cook, for 5 minutes until soft. Stir in rice and cook, for 2 minutes or until grains look glassy. Stir in boiling stock. Reduce heat to low, cover and simmer, stirring every 5 minutes, for 20 minutes or until rice is tender and risotto thickened. Stir in mushrooms. Place into a heatproof bowl refrigerate until cold
4. Stir parmesan, mozzarella and basil into risotto, season. Roll 1 tbs chilled rice mixture into a ball. Repeat with remaining mixture. Coat balls, one at a time in flour, egg and then breadcrumbs. Cover and refrigerate for 1 hour until firm
5. Add enough oil in a large saucepan to reach a depth of 5cm. Heat oil over medium-high heat, deep-fry arancini balls 6-8 at a time in hot oil until golden. Using a slotted spoon transfer to a plate lined with paper towel. Keep warm in a warm oven. Repeat in batches with remaining mixture, reheat oil between batches. Serve with lemon wedges

TIPS & HINTS

Traditionally used in Japanese cooking, panko bread crumbs are larger, lighter and crispier. Panko breadcrumbs are available in the Asian section of supermarkets, Asian and some independent greengrocers.



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Crispy Baked VEGETABLE SOLDIERS

 **PREP: 15 MINS**  **COOK: 30 MINS**  **SERVES: 4**

Recipe by **Cobs** | cobs.com.au

INGREDIENTS

4 medium zucchini
1 medium sweet potato
1 bunch asparagus
2 eggs, lightly beaten
1 packet Cobs By the Sea Salt Naked
Corn Chips, crushed
1 tablespoon dried herbs
Asian dipping sauce of choice, we
used a mix of soy sauce, mirin and
fresh chilli

METHOD

1. Preheat oven to 220°C/200°C fan forced
2. Chop zucchini and sweet potato into 1 cm thick fingers. Coat in egg then toss into a large snap lock bag, with combined corn chips and herbs. Shake to coat then spread onto trays, sprayed with oil
3. Bake for 30 minutes or until golden and crispy
4. Serve with sauce and sliced shallots, if desired



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**MUSHROOM
BEEF BURGER**



**MUSHROOM
CHORIZO
SKEWERS**

SUMMER MUSHIE MASH-UPS

Add mushies to any of your summer meals for a boost of flavour and a healthy bonus.

**MUSHROOM
FRENCH FRIES**



**MUSHROOMS WITH
SOURDOUGH**

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RECIPES**

Australian
MUSHROOMS



Salad DAYS

Salads are a summer-must!
Enjoy on their own or as a fresh
accompaniment to main dishes



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Tomato and ASPARAGUS PASTA SALAD

 **PREP: 20 MINS**  **COOK: 6-8 MINS**  **SERVES: 6**

Recipe by **ZoOSh** | www.facebook.com/ZoOShFoods

INGREDIENTS

250g ricotta and spinach filled pasta,
cooked, drained and cooled

500g tomato medley (mixed mini
tomatoes), halved

2 bunches asparagus, blanched and
cut into 3 cm lengths

1 red onion, sliced

1/2 cup ZoOSh Mighty Balsamic
Splash

1 cup basil leaves

1/2 cup toasted pinenuts

METHOD

1. Place the cooled pasta onto a serving platter with the tomatoes, asparagus, and onion.
2. Drizzle with dressing and toss to coat then finish with basil leaves and pinenuts to serve.

TIPS & HINTS

For the pasta try agnolotti, tortellini, ravioli or any other ricotta filled pasta shape



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Grilled Yellow NECTARINE SALAD

 **PREP: 15 MINS**  **SERVES: 4**

Recipe by **Aussie Summer Stonefruit** | summerfruit.com.au

INGREDIENTS

DRESSING

1/2 cup natural yoghurt
1/4 cup mayonnaise
1 tablespoon each of chopped mint and basil

SALAD

200g baby spinach and baby rocket mix
1/2 red onion, finely sliced
1/2 cup bulgar wheat, soaked and strained
3 Nectarines, halved or in wedges
125g Buffalo mozzarella
1/2 long red chili, deseeded and fine diced, to serve

METHOD

DRESSING

1. Combine the salad dressing ingredients in a small bowl, whisk to combine. Set aside

SALAD

1. Under a heated grill (or char grill) place halved wedges and grill until softened, set aside
2. In a medium sized bowl, place salad ingredients with dressing and toss to combine
3. To serve, divide salad between plates, top with nectarines, season and serve with diced chilli.



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Zoodle and MUSHROOM SALAD

 **PREP: 15 MINS**  **COOK: 10 MINS**  **SERVES: 4**

Recipe by **Australian Mushrooms** | australianmushrooms.com.au

INGREDIENTS

80ml (1/3 cup) extra virgin olive oil
2 tbsp white wine vinegar
1 tsp raw sugar
4 zucchini, trimmed
250g Button Mushrooms, halved
1 punnet cherry tomatoes, halved
1 cup basil leaves
1 tbsp drained capers in brine
1/2 cup Sicilian olives, bruised with a knife, pits removed (optional)
Salt and pepper, to season

METHOD

1. Preheat the oven to 220°C. Whisk 2 tbsp of the oil with the vinegar, sugar, salt and pepper in a large bowl, whisking until the sugar dissolves. Using a spiraliser or julienne peeler, cut the zucchini into noodles and add to the bowl, tossing well to combine. Set aside to soften
2. Combine the mushrooms, cherry tomatoes and capers on a large oven tray lined with baking paper. Drizzle with the remaining oil, season with salt and pepper and toss well to combine. Roast in the oven for 15 minutes or until the mushrooms are cooked and the tomato skins have burst. Remove from the oven and pour the mixture into the bowl with the zoodles, including any pan juices and toss well to combine. Mix in the olives if using and serve



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Crunchy KALE SLAW

 **PREP: 30 MINS**  **COOK: 15 MINS**  **SERVES: 6**

Recipe by **ZoOSh** | www.facebook.com/ZoOShFoods

INGREDIENTS

2 tablespoons slivered almonds
1 tablespoon pumpkin seeds
1 tablespoon sunflower seeds
1 teaspoon oil
1/4 teaspoon smoked paprika
140g bag chopped/shredded kale
4 spring onions, diagonally sliced
1 large carrot, cut into julienne strips
1 large red pepper, cut into julienne strips
4 radishes, cut into julienne strips
1/2 cup ZoOSh So Fabulous Kickin Coleslaw
4 rashers streaky bacon, cut into strips and cooked until crisp

METHOD

1. Combine the almonds, seeds, oil and paprika and spread onto a baking tray. Bake in a hot oven 200°C for 6-8 minutes or until golden. Allow to cool.
2. Combine all the vegetables in a bowl with the dressing. Toss to combine. Scatter over the bacon and seeds and serve immediately.



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Roasted Carrot and Cauliflower WITH CREAMY CURRY DRESSING

 **PREP: 15 MINS**  **COOK: 25 MINS**  **SERVES: 6**

Recipe by **ZoOsh** | www.facebook.com/ZoOshFoods

INGREDIENTS

4 large carrots, peeled and each diagonally sliced into 3

1 cauliflower cut into florets

Olive oil spray

2 teaspoons cumin seeds

Salt

1/2 cup ZoOsh Just Got Laid Free Range Egg Mayonnaise

1 tablespoon sweet chilli sauce

1 teaspoon spicy curry powder, or to taste

1 birds eye chilli, finely chopped

1 cup coriander leaves

METHOD

1. Place the carrot and cauliflower onto 2 lined trays. Spray with oil then sprinkle with cumin seeds and a little salt. Bake in a hot oven 200°C for 20-25 minutes or until tender.
2. Combine the mayo with the chilli sauce, curry powder and chilli, thin with a little milk if necessary.
3. Place the vegetables onto a serving platter then drizzle with the mayo, sprinkle over the coriander and serve immediately.



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HOW TO DRESS YOUR SALAD FOR



Success

Here is what you need to know to create the best homemade salad

1. Wash and dry the leaves gently
2. Use a variety of textures
3. Create balanced flavours; salty, sour, bitter or sweet
4. Don't skimp on any of the ingredients
5. Toast the nuts for an instant flavour boost
6. Toss in delicate herbs at the last minute
7. Choose the correct dressing; whether it be creamy, tangy or Asian inspired, the dressing will finish off your salad perfectly
8. Don't overdress a salad and for those made with leafy greens make sure the dressing is only added at the very last minute



Eating OUTDOORS

Super tasty main meals to
be enjoyed alfresco style





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Roasted Pumpkin AND COUSCOUS SALAD

 **PREP: 30 MINS**  **COOK: 30 MINS**  **SERVES: 6**

Recipe by **ZoOSh** | www.facebook.com/ZoOShFoods

INGREDIENTS

1/4 cup oil
1 tablespoon sweet paprika
2 teaspoons cumin
1 teaspoon coriander
1 teaspoon cinnamon
Salt and pepper, to taste
625g lamb steaks, cut into 2cm cubes
1kg kaboocha or jap pumpkin, halved, seeded and cut into 2cm wide petal shapes
Olive oil spray
2 tablespoons oil, extra
1 red onion, chopped
1 teaspoon cinnamon, extra
2 cups pearl couscous
2 cups boiling chicken stock
1/2 cup roughly chopped mint
1/2 cup roughly chopped parsley
1/2 cup ZoOSh Sweet N Sunny Orange & Honey
Pistachio nuts, extra for sprinkling

METHOD

1. Combine the oil with the spices, salt and pepper then toss through the lamb to coat. Thread the lamb evenly onto 12 bamboo skewers, cover and refrigerate until required.
2. Place the pumpkin onto a lined baking tray, spray with oil and season. Bake in a hot oven 200°C for 20-30 minutes or until tender.
3. Heat the extra oil in a medium saucepan and sauté the onion for 3-5 minutes or until softened. Add the extra cinnamon and cook for 30 seconds. Stir in the couscous and the stock then cover and simmer for 8 minutes, stirring occasionally until the couscous is tender.
4. Chargrill or barbeque the lamb until cooked to your liking. Spoon the couscous onto a serving platter then top with the pumpkin and herbs. Drizzle with the dressing, scatter over the pistachios and serve with the skewers on the side.



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Buttermilk FRIED CHICKEN BURGER

 **PREP: 15 MINS + MARINATING**  **COOK: 15 MINS**  **SERVES: 4**

Recipe by **Lilydale** | freerangechicken.com.au

INGREDIENTS

2 x 300gm Lilydale Free Range chicken breasts, halved horizontally
1 1/2 cups plain flour
1 tsp Cajun seasoning
1 tablespoon ground black pepper
1/2 teaspoon sea salt
1 cup (250ml) buttermilk
2 eggs, lightly beaten
1 garlic clove, crushed
1/3 cup whole egg mayonnaise
1 tsp Tabasco sauce
1/2 small red onion, thinly sliced
1 long green chilli, seeded, thinly sliced
1/4 red cabbage, finely shredded
1/4 green cabbage, finely shredded
1 small carrot, coarsely grated
Juice and zest of 1 lime
Vegetable oil or canola oil, for deep frying
4 brioche rolls, split
1 baby cos lettuce, leaves separated
4 dill pickles, thinly sliced
Shoestring fries, to serve

METHOD

1. Whisk flour, Cajun seasoning, pepper, and salt in a shallow bowl. Combine buttermilk and eggs in another shallow bowl. Working with 1 piece at a time, coat chicken in flour mixture, shaking off excess. Dip in buttermilk, allowing excess to drip back into bowl. Coat again in flour mixture, shaking off excess. Set aside on a plate lined with baking paper
2. Combine garlic, mayonnaise, and Tabasco in a small bowl. In a separate bowl, combine onion, chilli, cabbage, carrot and lime juice and zest
3. Pour oil into a large heavy frying pan to a depth of 1 1/2 cm. Heat over medium heat until oil is hot (test with a small piece of bread - when bread bubbles and turns golden brown the oil is ready). Fry the chicken, in batches, until golden brown and cooked through, about 4 to 5 minutes per side. Transfer to a wire rack set over a baking tray; season lightly with extra salt
4. Spread rolls with spicy mayonnaise. Top with lettuce, pickles, cabbage slaw and chicken. Serve with shoestring fries



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Mushroom VEGGIE BURGERS

 **PREP: 10 MINS**  **COOK: 10 MINS**  **SERVES: 4**

Recipe by **Australian Mushrooms** | australianmushrooms.com.au

INGREDIENTS

1/3 cup (50ml) thick Greek-style yoghurt
1 tbsp lemon juice
1 tbsp finely chopped mint leaves
2 garlic cloves, crushed
3 tbsp olive oil
200g Button Mushrooms, trimmed and halved
1/2 tsp ground cumin
1/2 tsp ground coriander
400g can chickpeas, rinsed and drained
1 carrot, peeled and coarsely grated
1/4 cup (10g) parsley leaves
Plain flour, for dusting
4 (80g each) Ciabatta rolls, halved
4 canned baby beets, sliced
1 Lebanese cucumber, sliced into ribbons
4 butter lettuce leaves

METHOD

1. Combine yoghurt, lemon juice, 1 garlic clove and mint in a small bowl, set aside
2. Heat 1 tablespoon olive oil in a medium frying pan over medium high heat, add mushrooms. Cook for 4 minutes, add remaining garlic, cumin and coriander and cook for a further 1 minute or until mushrooms are fragrant and golden. Allow to cool slightly
3. Place chickpea, carrot, parsley and mushroom mixture in the bowl of a food processor and blend until just combined. Shape into 4 patties, dust in flour
4. Heat remaining oil in a large frying pan. Cook patties for 3-4 minutes each side or until crisp and golden
5. Place base of rolls on serving platter, spread evenly with yoghurt, top with lettuce, mushroom patty, cucumber and top of roll to serve

TIPS & HINTS

Drizzle with chilli oil for an extra kick!



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Piri Piri

BBQ CHICKEN

 **PREP: 20 MINS**  **COOK: 50 MINS**  **SERVES: 4**

Recipe by **Lilydale** | freerangechicken.com.au

INGREDIENTS

1 x 1.5kg Lilydale Free Range chicken, trimmed

1/2 cup store-bought spicy piri piri sauce

1/4 cup olive oil

3 garlic cloves, crushed

1/4 cup lemon juice

Barbecued lemon wedges, extra piri piri sauce and crusty bread rolls, to serve

Easy crunchy coleslaw

500g store-bought fresh coleslaw mixture (without dressing)

1/2 cup toasted mixed salad seeds

1/2 cup whole egg mayonnaise

1 tablespoon lemon juice

1 teaspoon Dijon mustard

METHOD

1. To butterfly the chicken, place chicken breast-side down on a clean work surface. Using chicken shears or a sharp knife, cut on either side of the backbone and discard backbone. Trim and discard rib bones. Turn chicken over and using the palms of your hands, firmly press the breastbone to butterfly open the chicken. Score the chicken flesh in the thickest parts.
2. To make the marinade, combine piri piri sauce, oil, garlic and lemon juice in shallow ceramic dish. Add chicken and liberally brush on both sides with marinade. Cover and chill for 15 minutes (or longer if time permits).
3. Meanwhile, to make the coleslaw, combine coleslaw mixture and salad seeds in a large bowl. Mix mayonnaise with lemon juice and mustard in a small bowl. Season with salt and pepper. Drizzle mayonnaise mixture over coleslaw and gently toss to combine. Cover and chill until ready to serve.
4. Preheat a greased barbecue over medium-high heat. Insert 2 long metal skewers lengthways into the thickest parts of the chicken. Place chicken onto the grill and cook for 15 minutes, brushing occasionally with remaining marinade. Turn and cook, brushing with any remaining marinade for a further 15 minutes. Reduce heat to medium-low and cook for 20-25 minutes or until just cooked through. Serve with coleslaw, barbecued lemon wedges, extra piri piri sauce and crusty bread rolls.



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Indonesian CHICKEN DRUMSTICKS

 **PREP: 20 MINS + CHILLING TIME**  **COOK: 25-30 MINS**  **SERVES: 4**

Recipe by **Lilydale** | freerangechicken.com.au

INGREDIENTS

1/3 cup kecap manis
2 tablespoons lime juice
1 tablespoon peanut oil
3 garlic cloves, crushed
1 long red chilli, deseeded and finely chopped
1 teaspoon ground turmeric
12 Lilydale free range chicken drumsticks
1/4 cup roasted peanuts, roughly chopped
250g punnet baby cucumbers, halved diagonally
Steamed jasmine rice, lime wedges and extra sliced red chilli, to serve

METHOD

1. To make the marinade, combine kecap manis, lime juice, oil, garlic, chilli and turmeric in a screw-top jar. Shake to combine. Set aside.
2. Using a sharp knife, score chicken drumsticks 2-3 times in the thickest part. Place chicken into a large snap-lock bag. Add marinade, seal and toss to combine. Chill for 15 minutes (or longer if time permits).
3. Preheat a greased barbecue grill on medium heat. Barbecue chicken, turning occasionally and basting with any remaining marinade, for 25-30 minutes until golden and just cooked through. Transfer chicken to a serving platter.
4. Sprinkle chicken with roasted peanuts, baby cucumbers and extra sliced red chilli. Serve with steamed jasmine rice and lime wedges.



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5

TIPS FOR DINING OUTDOORS

Summer is all about the outdoors. Getting up and getting outside makes us feel better. Gather friends and family this summer and enjoy the great outdoors with delicious and vibrant food. Here are some tips to ensure your outdoor dining is a success every time.

1

Keep the food simple

Think grilled chicken, zesty salads, plenty of finger food and icy cold drinks. Perfect to be enjoyed in the summer heat.



2

Prepare your outdoor entertaining area in advance

Mow the lawns, sweep the deck and wipe down your furniture.



3

Don't forget the awning or umbrella

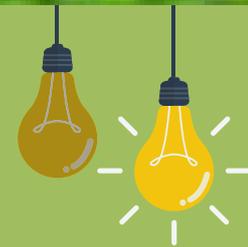
You want your guests to be comfortable. Provide them with enough shade so they can enjoy their food and keep cool.



4

Atmosphere

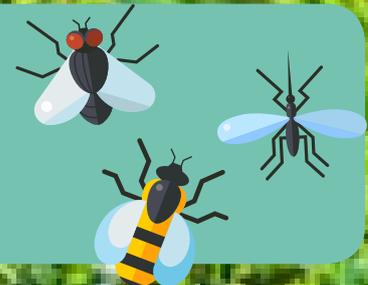
Set the mood for the party by playing your favourite tunes. Go that one step further by setting a theme for the evening by coordinating your table setting, food and floral decor.



5

Keep summer pests away

Don't let little critters ruin your party. Set up citronella candles and have mosquito repellent handy for your guests



JOIN THE FREE RANGE

We've always been for the outdoors,
because we know it makes us better.

We weren't meant to stay indoors,
we're made to get up and get out.

It makes us feel better, get better,
and yes, even look better.

Life tastes better.

So join us, and rediscover what we've always known,
that the great outdoors is really, really great.

lilydalefreerange.com.au

LILYDALE
free range chicken



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Mushroom AND LEEK FILO PIE

 **PREP: 10 MINS**  **COOK: 25 MINS**  **SERVES: 4**

Recipe by **Australian Mushrooms** | australianmushrooms.com.au

INGREDIENTS

20g butter, plus 50g butter, melted
2 leeks, trimmed and sliced
300g Button Mushrooms, quartered
1 garlic clove, crushed
100g baby spinach leaves
6 eggs, lightly whisked
1/2 cup thickened cream
1/2 cup (50g) grated cheddar cheese
50g full fat fresh ricotta cheese,
broken into pieces
2 tsp finely grated lemon rind, plus
lemon wedges to serve
6 sheets filo pastry

METHOD

1. Preheat oven to 200°C fan-forced. Heat 20g butter in a large deep frying pan over high heat. Add the leeks and mushrooms and cook for 3-5 minutes or until browned. Add garlic and cook, stirring for 1 minute. Remove from the heat and stir in spinach leaves, until just wilted. Set aside to cool slightly
2. Whisk eggs and cream in a medium size bowl. Add mushroom mixture, cheese and lemon rind. Season with salt and pepper
3. Lay a 50cm long piece of baking paper on the bench. Top with 1 layer of filo pastry, brush with melted butter, top with another sheet of filo pastry and repeat until all pastry sheets are layered on top of each other
4. Heat an oiled large deep frying pan with oven-proof handle over medium heat. Lift baking paper sheet into frying pan, easing down the edges into the pan. Stir egg and mushroom mixture and pour into pastry case
5. Scrunch the pastry edges over the mushroom mixture. Transfer to the oven and cook for 20-25 minutes or until the egg is set and the pastry is golden
6. Serve with lemon wedges and freshly ground black pepper

TIPS & HINTS

Always use fresh refrigerated filo pastry, anything from the freezer will be brittle and break easily.



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Chilli and Lime Roasted CAULIFLOWER NACHOS

 **PREP: 10 MINS**  **COOK: 30 MINS**  **SERVES: 6**

Recipe by **Cobs** | cobs.com.au

INGREDIENTS

CHILLI AND LIME ROASTED

1 ear of corn, husks removed, kernels removed

1 small cauliflower, cut into small florets

1/2 medium red onion, chopped

1/4 cup extra virgin olive oil

2 garlic cloves, crushed

Zest and juice of 1 lime

1 tsp paprika

1/2 tsp cumin

1/3 cup pumpkin and sunflower seed mix, lightly toasted

TO SERVE

1/2 cup natural yoghurt

Zest of one lime

2 tablespoons chipotle sauce

1 packet Cobs By the Sea Salt Naked Corn Chips

Thinly sliced radish, guacamole, chilli and micro herbs

METHOD

CHILLI AND LIME ROASTED

1. Preheat oven to 180°C. Grease and line two baking trays
2. In a large mixing bowl, combine corn, cauliflower and onion
3. In a small jug, combine oil, garlic, lime juice and spices
4. Drizzle oil mixture over the cauliflower mixture and gently toss to coat
5. Spread evenly over 2 trays, season and bake for 30 minutes (or until cooked and cauliflower is golden), stirring mixture half way through
6. Meanwhile, prepare the sauce
7. In a medium bowl, whisk together 1/2 cup yoghurt, zest of lime, chipotle sauce and 1-2 tablespoons water to loosen up the mix a little

TO SERVE

1. To serve, prepare a serving platter with a packet of By the Sea Salt Naked Corn Chips
2. Top with cauliflower mix, scatter pepita mix, drizzle with yoghurt sauce and finish with guacamole, sliced chilli, radish and micro herbs
3. Drizzle with extra chipotle, if desired



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Surprising

WAYS TO ADD CORN CHIPS TO EVERYDAY COOKING

These are nacho average corn chip meals. Enjoy for breakfast, lunch and dinner. Don't let those leftover corn chips go to waste.

Breakfast chilaquiles verde

Yes, you read it right, you can enjoy corn chips for breakfast. Use the corn chips as a base for a delicious breakfast chilaquiles. Layered with tomato, fresh salsa, avocado and eggs.

Corn chip sliders

Instead of a burger try a corn chip slider. A great-bite-sized appetiser that guests will love.

Crunchy corn chip crumbs

Did you know you can use corn chips as crumbs? Smash up your corn chips and use them as a crumb for chicken tenders, fish fingers and vegetable soldiers.

Corn chip Lasagne

Introducing the Nachosagne. Next time you're making a lasagne try using corn chips instead of pasta sheets.

[Read more](#)





Fruity DELIGHTS

Finish off your summer soiree
with these fruity sweet treats



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Peach Cheesecake

WITH PEACH SYRUP

 **PREP: 25 MINS + FOUR HOURS - OVERNIGHT TO SET**  **SERVES: 8**

Recipe by **Aussie Summer Stonefruit** | summerfruit.com.au

INGREDIENTS

CRUST

250g Butternut Snap Cookies

80g unsalted butter, melted

CHEESECAKE

3 teaspoon powdered gelatine

500g cream cheese, softened

1/2 cup sugar

1 teaspoon vanilla bean paste

250ml thickened cream, whipped

6 Yellow Peaches, peeled, cored, 2 sliced to garnish

Sugar syrup, cooled (1/2 cup sugar, 1/2 cup water, boiled, then simmer to dissolve)

Optional: Whipped cream, and white chocolate curls, to serve

METHOD

CRUST

1. Grease and line a 20cm spring form cake tin
2. In a food processor, place biscuits and pulse until fine crumbs. Add butter and pulse again to combine. Tip into prepared tin and press firmly into the base. Chill in the fridge until needed

CHEESECAKE

1. Place a small heat proof jug in a small saucepan of lightly simmering water
2. Add 2 tablespoons of water, then sprinkle the gelatine into the jug. Stir to dissolve set aside to cool 5 mins
3. Meanwhile, place cream cheese, vanilla and sugar into a stand mixer. Beat until smooth. Add the cooled gelatine mix and beat to combine
4. Gently fold in whipped cream
5. Pour into prepared pan on top of the biscuit base. Cover and refrigerate until set. Minimum 4 hours to overnight
6. In a medium bowl, puree or mash 2 peaches, add sugar syrup then set aside to infuse.
7. Place in a sieve over a bowl to strain, set drained syrup aside
8. To assemble, remove cheesecake from the fridge, use the peaches to decorate, drizzle with the syrup



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Apricot FROZEN YOGHURT

 **PREP: 10 MINS PLUS FREEZING TIME**  **SERVES: 6**

Recipe by **Aussie Summer Stonefruit** | summerfruit.com.au

INGREDIENTS

2 cups yoghurt, frozen in ice cube
trays.....
2 cups Apricots approx. 8 Apricots.
Stone removed, chopped and frozen
.....
1/2 cup vanilla yoghurt
.....
1 tablespoon agave nectar/or maple
syrup.....
1 teaspoon vanilla extract
.....
Pistachios, chopped, to serve
.....

METHOD

1. Place yoghurt cubes and frozen apricot and remaining ingredients in a strong blender or processor, in batches
2. Pulse until creamy and smooth
3. Serve as is, or freeze for a thicker consistency. Top with chopped pistachios, if desired



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Layered STONEFRUIT TART

 **PREP: 15 MINS**  **COOK: 30 MINS + 30 MINS CHILLING TIME**  **SERVES: 6**

Recipe by **Aussie Summer Stonefruit** | summerfruit.com.au

INGREDIENTS

2 packets sweet short crust pastry
125g softened butter
125g caster sugar
125g almond meal
2 tablespoons plain flour
2 eggs
1 of each apricot, plum, yellow
and white peach, yellow and white
nectarine
1/4 cup apricot jam

METHOD

1. Preheat oven to 180°C. Grease a 28cm tart tin
2. Roll out pastry and place into the tin, trim the edges to fit. Prick the base with a fork and chill 20 minutes while you make the filling.
3. In a stand mixer, beat butter and sugar until pale. Mix in flour and almond meal.
4. Beat in eggs one at a time, beat well between each addition.
5. Cover until needed.
6. Remove pastry from the fridge and blind bake for 15 mins, cool base slightly, reduce oven to 160°C.
7. Add frangipane filling. Smooth over the top. Arrange the sliced stone fruits in even layers and bake for 30-40 mins or until cooked when tested with a skewer. Cool.
8. In a small saucepan, combine jam and 1/4 cup boiling water. Stir to dissolve the jam into a runny consistency. Brush all over cooled tart.



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Banana and POPCORN POPS

 **PREP: 15 MINS, PLUS 3 - 4 HOURS CHILLING TIME**  **MAKES: 10 POPS**

Recipe by **Cobs** | cobs.com.au

INGREDIENTS

5 small bananas, peeled and cut in
half crossways
.....
10 paddle pop sticks
.....
Cobs Lightly Salted and Slightly
Sweet Popcorn, slightly crushed
.....
Strawberry yoghurt, or your choice of
flavour
.....
Maple and tahini sauce - 1/3 cup
each and mixed
.....

METHOD

1. Push a stick carefully through the bottom of the cut side of each banana. Freeze 3 hours or overnight.
2. Remove from freezer and roll in chosen sauces. Roll immediately on the popcorn to coat
3. Place back into the freezer on a lined tray for 2 hours or until set



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Unique flavour

PAIRINGS FOR STONEFRUIT

It wouldn't be summer without enjoying a juicy nectarine or sweet cherry. Summer stonefruits are delicious on their own but have many other flavour accompaniments that pair beautifully.



PEACH

Cinnamon, maple syrup, ginger, pecans, almonds



Nectarine

Figs, mint, caramel, hazelnuts, vanilla



Plum

Almonds, walnuts, honey, red wine, orange



Cherry

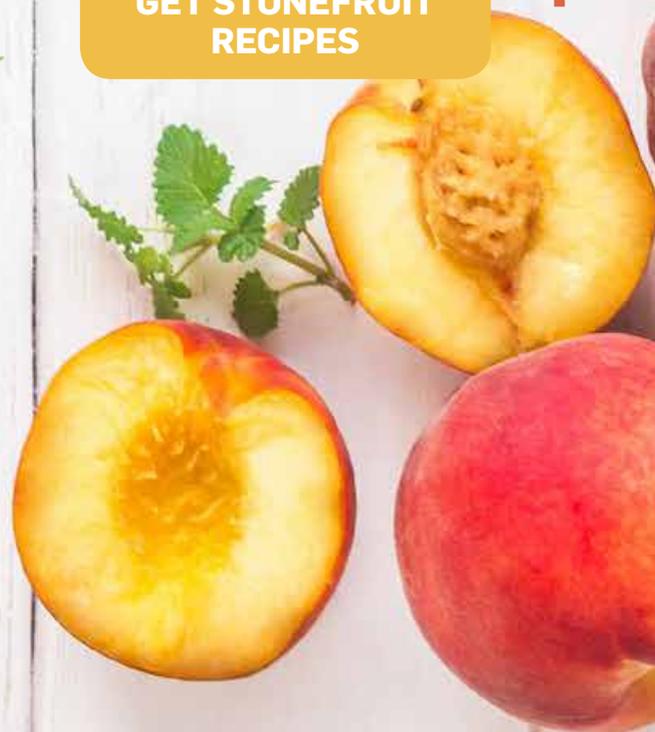
Chocolate, vanilla, black pepper, citrus, apricot



Apricot

Pure vanilla extract, dark brown sugar, lemon zest, nutmeg, cinnamon

[GET STONEFRUIT RECIPES](#)



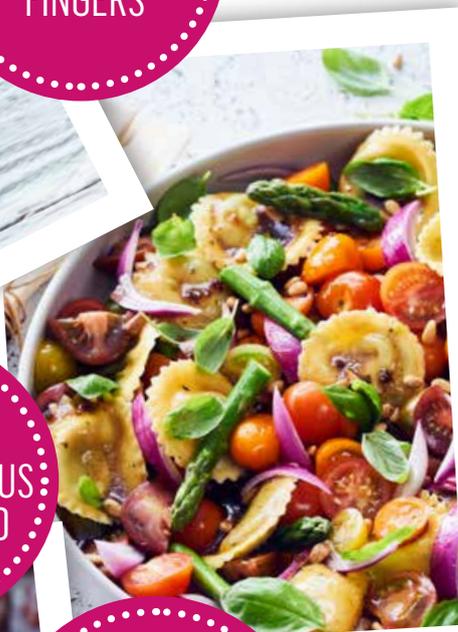


DINING ON THE DECK

Menu



CORN
CHIP FISH
FINGERS



TOMATO
AND ASPARAGUS
PASTA SALAD



BUTTERMILK
FRIED CHICKEN
BURGER



PEACH
CHEESECAKE
WITH PEACH
SYRUP

Shopping list

Dairy

- 1 cup buttermilk
- 250ml thickened cream
- 50g cream cheese
- 80g unsalted butter
- Whipped cream, to serve

Fruit and Veg

- 1 1/2 red onion
- 1 baby cos lettuce
- 1 cup basil leaves
- 1 garlic clove, crushed
- 1 long green chilli
- 1 small carrot
- 1/4 green cabbage
- 1/4 red cabbage
- 2 bunches asparagus
- 4 dill pickles
- 500g tomato medley
- 6 Yellow Peaches
- Juice and zest of 1 lime
- Lemon zest, to serve

Grocery

- 1 cup sugar
- 1 packet Cobs by the Sea Salt Naked
- Corn Chips
- 1 tbsp dried oregano
- 1 tbsp ground black pepper
- 1 tsp Cajun seasoning
- 1 tsp tabasco sauce
- 1 tsp vanilla bean paste
- 1/3 cup whole egg mayonnaise
- 1/2 cup toasted pine nuts
- 1/2 cup ZoOSh Mighty Balsamic Splash Dressing
- 1/2 tsp sea salt
- 2 300g Lilydale Chicken Breasts
- 2 cups plain flour
- 250g Butternut snap cookies
- 250g ricotta and spinach filled pasta
- 3 tsp powdered gelatin
- 4 brioche rolls
- 4 eggs
- 500g flathead fish fillets
- Chocolate curls, to serve
- Freshly chopped parsley, to serve
- Shoestring fries, to serve
- Tartare sauce, for dipping
- Vegetable oil, for deep frying



SUMMER SOIRÉE

Menu

MUSHROOM ARANCINI

CRUNCHY KALE SLAW

CHILLI AND LIME ROASTED CAULIFLOWER NACHOS

LAYERED STONE FRUIT TART

Shopping list

Dairy

- 1 cup finely grated mozzarella
- 1/2 cup natural yoghurt
- 125g butter
- 60g parmesan

Fruit and Veg

- 1 Apricot
- 1 brown onion
- 1 ear of corn, husks removed, kernels removed
- 1 large carrot
- 1 Plum
- 1 red pepper
- 1 small cauliflower
- 1 White nectarine
- 1 White peach
- 1 Yellow nectarine
- 1 Yellow peach
- 1/2 basil leaves
- 1/2 cup ZoOSh So Fabulous Kickin Coleslaw dressing
- 1/2 medium red onion
- 140g bag shredded kale
 - 4 garlic cloves
 - 4 radishes
 - 4 spring onions
- 400g Button, Cup or Flat Mushrooms
 - Chilli, to serve
 - Guacamole, to serve
 - Lemon wedges, to serve
 - Thinly sliced radish, to serve
 - Zest and juice of 2 limes

Grocery

- 1 cup Arborio rice
- 1 cup plain flour
- 1 packet Cobs By the Sea Salt Naked Corn Chips
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- 1 tsp paprika
- 1/2 cup pumpkin and sunflower seed mix
 - 1/2 tsp cumin
 - 1/4 cup apricot jam
 - 1/4 cup extra virgin olive oil
 - 1/4 teaspoon smoked paprika
 - 125g almond meal
 - 2 tbsp plain flour
 - 125g caster sugar
 - 2 1/2 tbsp olive oil
- 2 packets sweet short crust pastry
 - 2 tbsp chipotle sauce
 - 2 tbsp slivered almonds
 - 200g packet panko breadcrumbs
 - 4 eggs
 - 4 rashers streaky bacon
 - 750ml chicken or vegetable stock
 - Micro herbs, to serve
 - Vegetable oil, for frying

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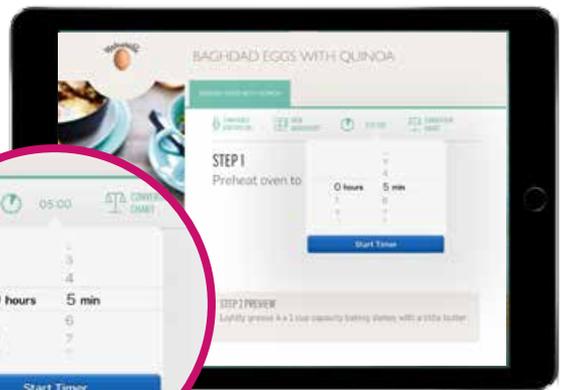
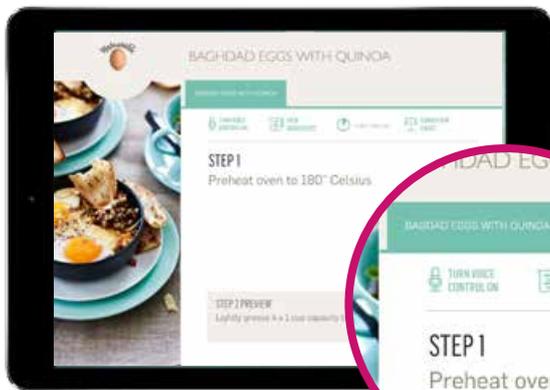
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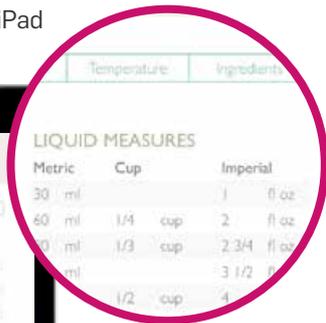
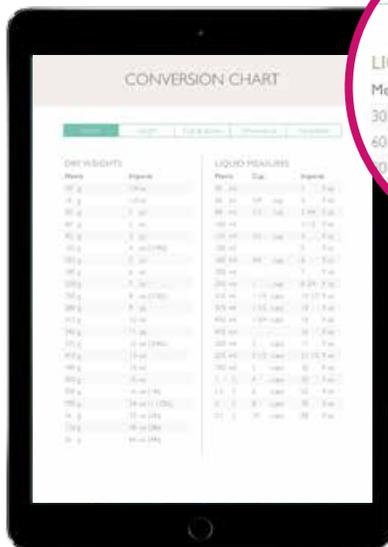
COOKING MODE

Voice activated hands free cooking mode on iPad and iPhone.



COOKING TIMER

Set timer to keep track of each recipe step.



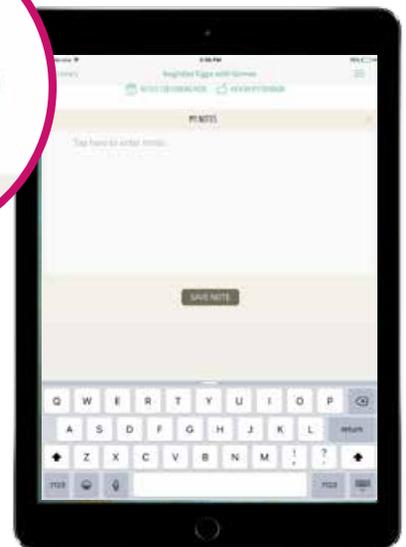
CONVERSION CHARTS

Quick measurement conversion reference on each recipe.



NOTES

Save and go back to recipe notes on each recipe.



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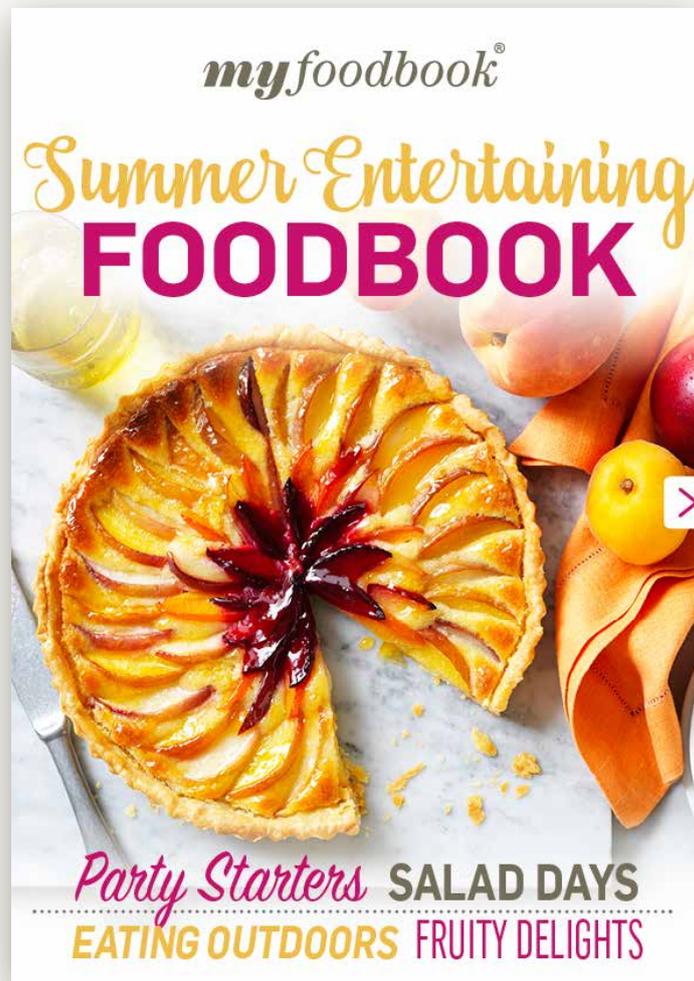
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